| MONDAY | | | WEDNESDA | AY | | FRIDAY | | |
|--|--|----------------------|---|--|--------------------------------|---|--|-------------------------------------|
| 8:00am Yoga | Alexis | В | 6:30am Yoga | Sarah | В | 6:30am Yoga Steven | | В |
| 8:30am Lift | Donita | A | 8:30am Lift | Steven | A | 8:00am Pilates Mat-lev | el l Jenica stu | ıdio |
| 9:00am Aqua Tone&Stretch Sue Pool | | Pool | 9:00am Aqua Tone&Stretch Cathy | | Pool | 8:45am Shredz Express (45 min)Tanya A | | ı A |
| 9:30am Spin | Steven | SR | 9:00am Spin | Leslie/Heather | SR | 9:00am Aqua Tone&St | retch Sue | Pool |
| 9:35am NTL Yoga (chair | r) Kristen | В | 9:30am High Low | Amy | В | 9:00am Spin | Linda | SR |
| 9:30am High Fitness | Taylor | A | 9:30am NTL Step&Weigi | nts Lynn/Donita | A | 9:30am 30 High/30 Sur | ge Taylor | В |
| 10:30am Lift | Chelsey | В | 10:30amBTB | Chelsey | В | 9:35am NTL Cardio | Lynne | Α |
| 10:35am NTL Cardio | Donita | Α | 10:35am NTL Yoga (chair) | Steven | Α | 10:00am Splash | Donita | Pool |
| | | | | | | 10:30am BTB | Brenda | В |
| 1:00pm Tai Chi | Scott | В | 5:00pm BTB | Anna | В | 10:45am NTL Yoga (chair) | Steven | A |
| | | | 5:00pm Cardio Fuse | Amy | A | | | |
| 5:00pm Lift | Amy | A | 6:00pm Pilates Mat | Amy | studio | 12:00pm High Low | Andrea | A |
| 6:00pm High Fitness | Amy | A | 6:30pm Yoga | Alexis | В | | | |
| 7:00pm Yoga | Heather | В | | | | 5:30pm Dance Fitness | Shannon | A |
| 7:15pm Dance Fitness | Shannon | A | | | | | | |
| TUESDAY | | | | | | SATURDAY | | |
| TUESDAY | | | | | | SATURDAY | | |
| | Donita | studio | THURSDAY | | | S A T U R D A Y 8:00am Lift | Danielle | В |
| 8:00am Pilates Mat | Donita Trish | studio A | T H U R S D A Y 8:30am Dance Fitness | | Ä | | | B Pool |
| 8:00am Pilates Mat 8:30am Dance Fitness | Trish | A | | Trish | A Pool | 8:00am Lift | Danielle | |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S | Trish Stretch Cathy | | 8:30am Dance Fitness | Trish | | 8:00am Lift 8:45am Aqua Zumba | Danielle Kimberly | Pool |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin | Trish Stretch Cathy Gina | A Pool SR | 8:30am Dance Fitness 9:00am 30/30 Cardio/S | Trish tretch Cathy | Pool | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin | Danielle Kimberly Elissa/Linda | Pool SR |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong | Trish Stretch Cathy Gina Melissa | A Pool SR B | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin | Trish tretch Cathy Liz | Pool SR | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB | Danielle Kimberly Elissa/Linda Diana Mariah | Pool SR B |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin | Trish Stretch Cathy Gina Melissa ge Amy | A Pool SR | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi | Trish tretch Cathy Liz Melissa | Pool SR B | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness | Danielle Kimberly Elissa/Linda Diana Mariah Taylor | Pool SR B A |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong 9:30am 30High/30Surg | Trish Stretch Cathy Gina Melissa | A Pool SR B A | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi 9:30am Lift | Trish tretch Cathy Liz Melissa Donita | Pool SR B A | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness 10:00am Surge Strength | Danielle Kimberly Elissa/Linda Diana Mariah Taylor | Pool SR B A |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong 9:30am 30High/30Surg 10:30am Barré | Trish Stretch Cathy Gina Melissa ge Amy Taylor Lynne | A Pool SR B A B | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi 9:30am Lift 10:30amHigh Fitness | Trish tretch Cathy Liz Melissa Donita Amy Donita | Pool SR B A B | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness 10:00am Surge Strength 10:00am Yoga (75 min) | Danielle Kimberly Elissa/Linda Diana Mariah Taylor Deb | Pool SR B A A B |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong 9:30am 30High/30Surg 10:30am Barré 10:35am SS Classic 1:30pm Gentle Yoga (mai | Trish Stretch Cathy Gina Melissa ge Amy Taylor Lynne t) Steven | A Pool SR B A B A | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi 9:30am Lift 10:30amHigh Fitness 10:35am SS Classic 1:30pm Gentle Yoga (mat | Trish tretch Cathy Liz Melissa Donita Amy Donita) Steven | Pool SR B A B A | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness 10:00am Surge Strength 10:00am Yoga (75 min) 11:30am NTL Yoga | Danielle Kimberly Elissa/Linda Diana Mariah Taylor Deb | Pool SR B A A B |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong 9:30am 30High/30Surg 10:30am Barré 10:35am SS Classic 1:30pm Gentle Yoga (mail | Trish Stretch Cathy Gina Melissa ge Amy Taylor Lynne t) Steven | A Pool SR B A B | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi 9:30am Lift 10:30amHigh Fitness 10:35am SS Classic 1:30pm Gentle Yoga (mat) 5:00pm Surge | Trish tretch Cathy Liz Melissa Donita Amy Donita Steven Taylor | Pool SR B A B A | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness 10:00am Surge Strength 10:00am Yoga (75 min) 11:30am NTL Yoga | Danielle Kimberly Elissa/Linda Diana Mariah Taylor Deb Steven | Pool SR B A A B |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong 9:30am 30High/30Surg 10:30am Barré 10:35am SS Classic 1:30pm Gentle Yoga (mai | Trish Stretch Cathy Gina Melissa ge Amy Taylor Lynne t) Steven | A Pool SR B A B A A | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi 9:30am Lift 10:30amHigh Fitness 10:35am SS Classic 1:30pm Gentle Yoga (mat) 5:00pm Surge 5:30pm Spin | Trish tretch Cathy Liz Melissa Donita Amy Donita) Steven Taylor Elissa/Steven | Pool SR B A B A | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness 10:00am Surge Strength 10:00am Yoga (75 min) 11:30am NTL Yoga S U N D A Y 9:00am Spin | Danielle Kimberly Elissa/Linda Diana Mariah Taylor Deb Steven Leslie Amy C | Pool SR B A B B |
| 8:00am Pilates Mat 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Qi Gong 9:30am 30High/30Surg 10:30am Barré 10:35am SS Classic 1:30pm Gentle Yoga (mail | Trish Stretch Cathy Gina Melissa ge Amy Taylor Lynne t) Steven Taylor Dondea | A Pool SR B A B A SR | 8:30am Dance Fitness 9:00am 30/30 Cardio/S 9:00am Spin 9:30am Tai Chi 9:30am Lift 10:30amHigh Fitness 10:35am SS Classic 1:30pm Gentle Yoga (mat) 5:00pm Surge | Trish tretch Cathy Liz Melissa Donita Amy Donita Steven Taylor | Pool SR B A B A | 8:00am Lift 8:45am Aqua Zumba 9:00am Spin 9:00am BTB 9:00am High Fitness 10:00am Surge Strength 10:00am Yoga (75 min) 11:30am NTL Yoga S U N D A Y 9:00am Spin 9:00am High Fitness | Danielle Kimberly Elissa/Linda Diana Mariah Taylor Deb Steven Leslie Amy C | Pool SR B A A B B |